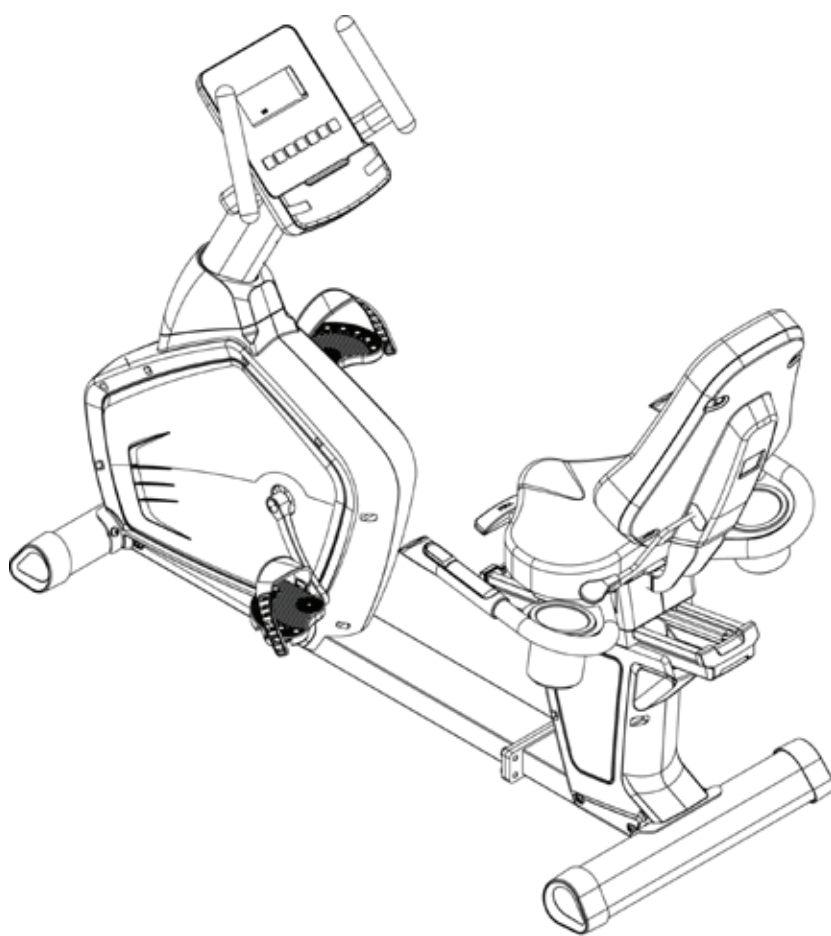




LK500Ri



OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0013 | www.BHFitnessUSA.com



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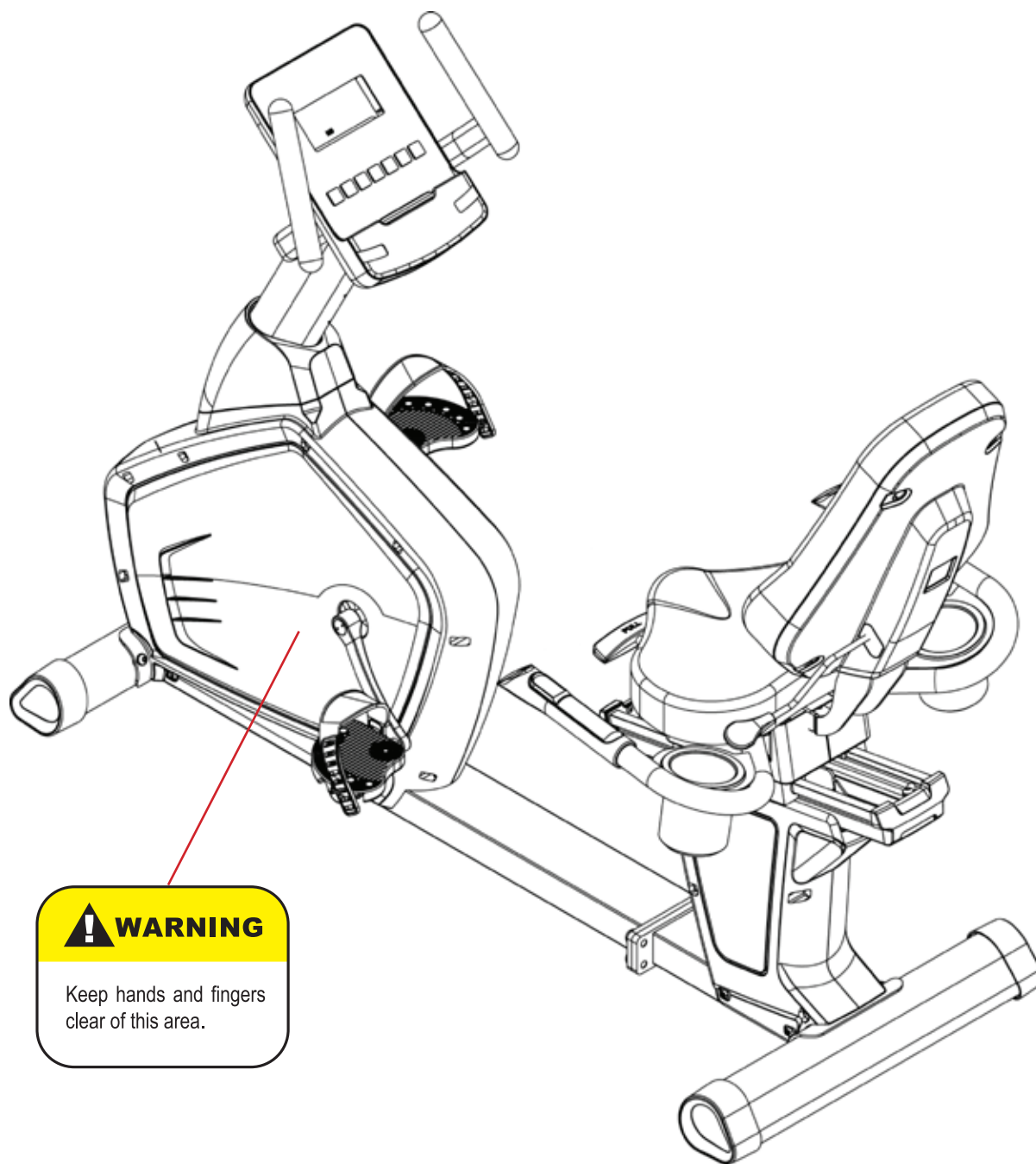
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS



WARNING

Keep hands and fingers
clear of this area.

SAFETY INFORMATION

PRECAUTIONS

This recumbent bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 300 lbs (136 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair of athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

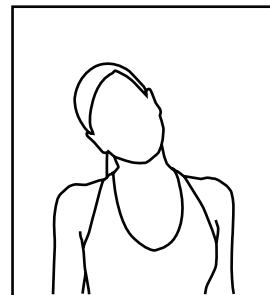
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

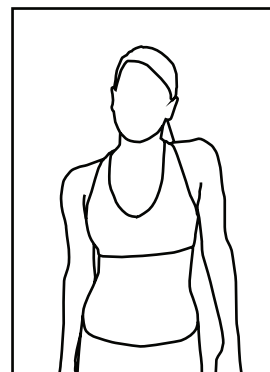
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



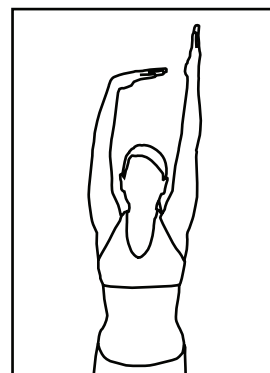
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



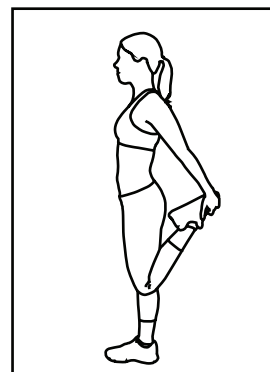
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



Quadriceps Stretch

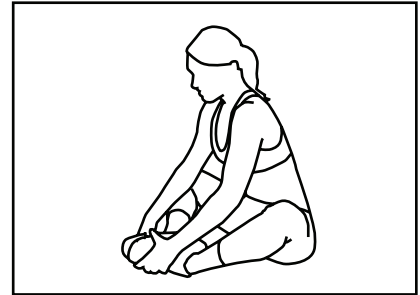
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

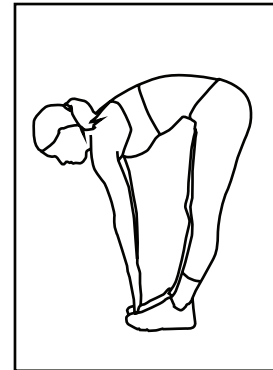
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



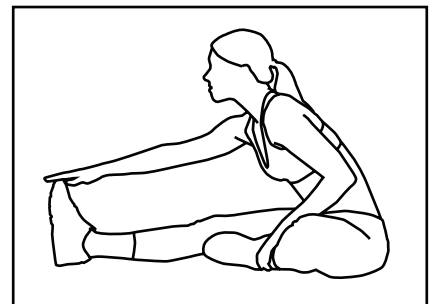
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

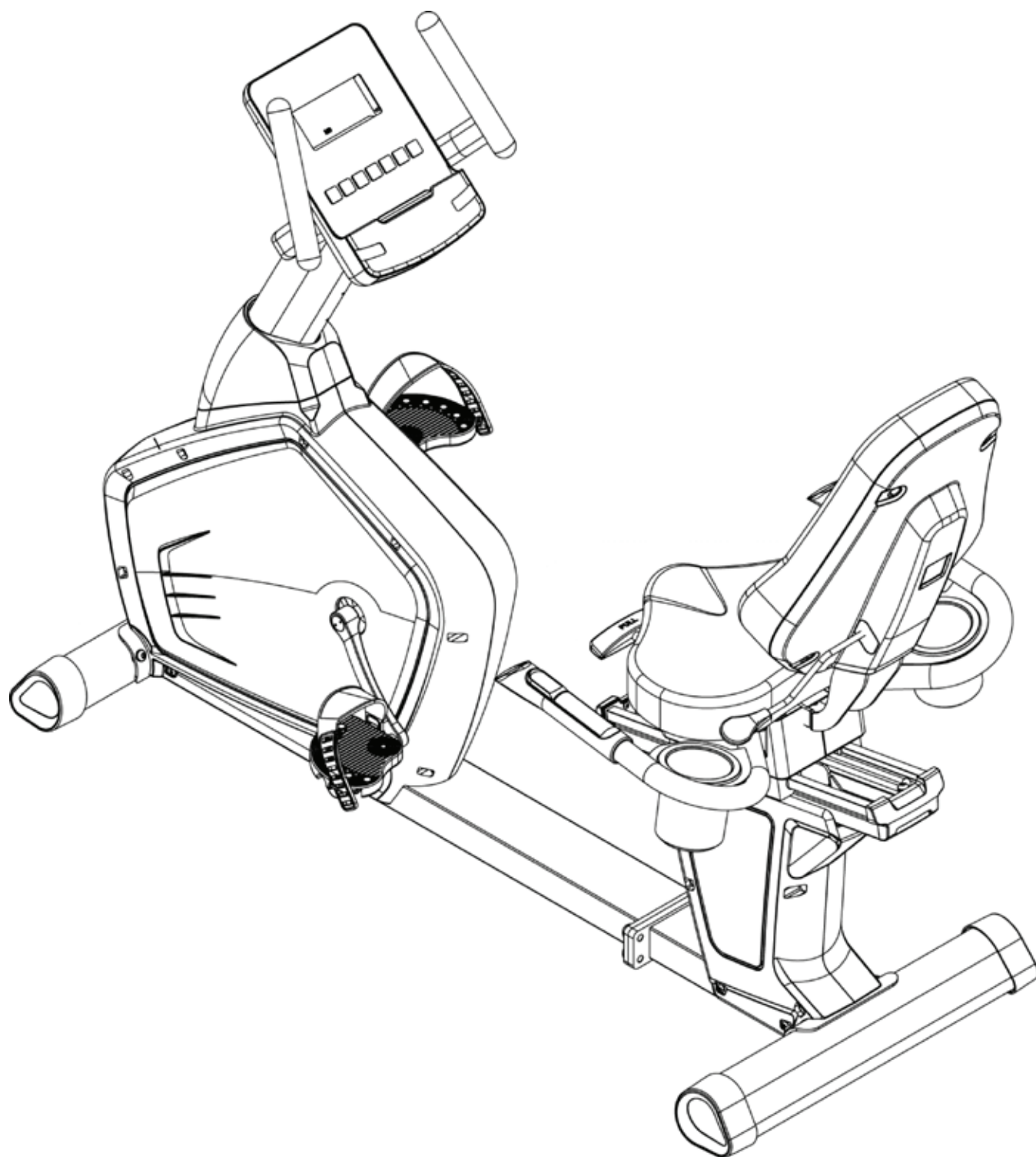


Calf/Achilles Stretches

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

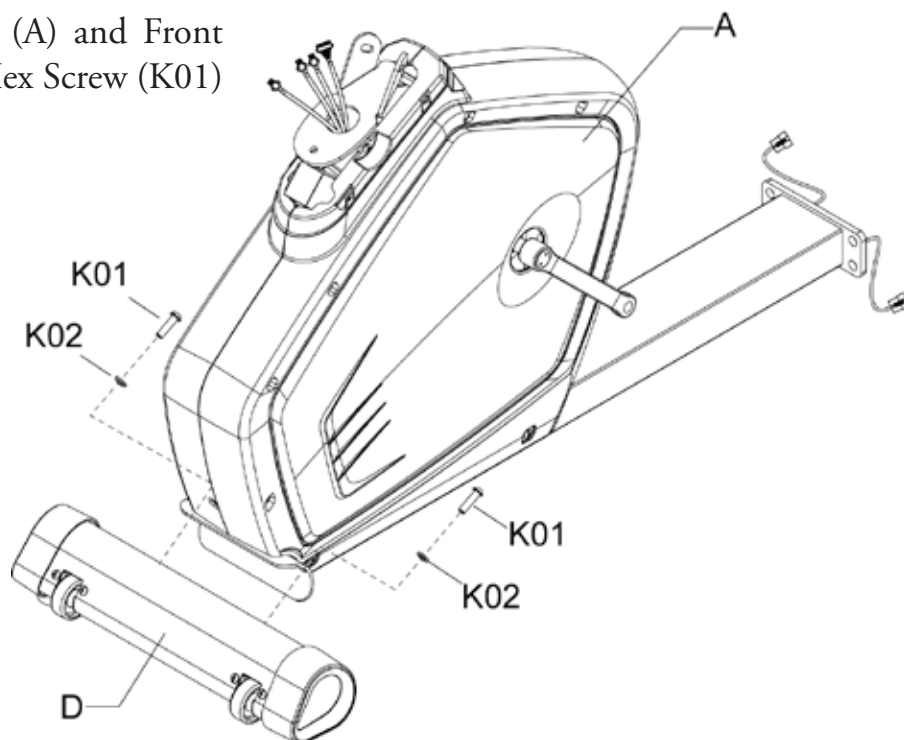


ASSEMBLY INSTRUCTIONS



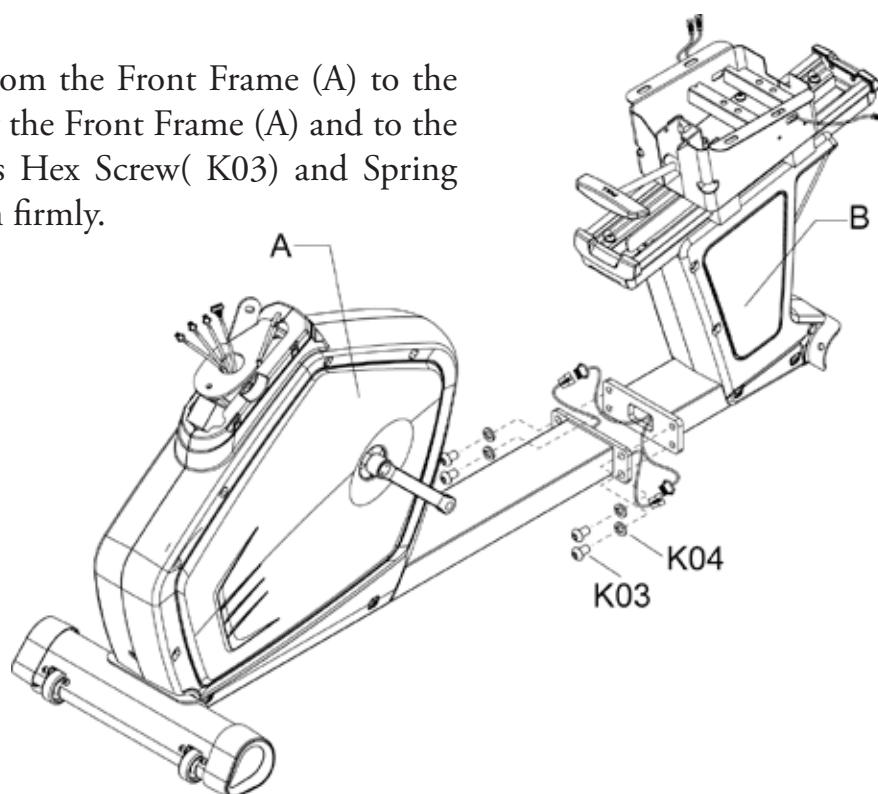
STEP 1

Assemble the Front Frame (A) and Front Foot Tube (D) with Truss Hex Screw (K01) and Spring Washer (K02).



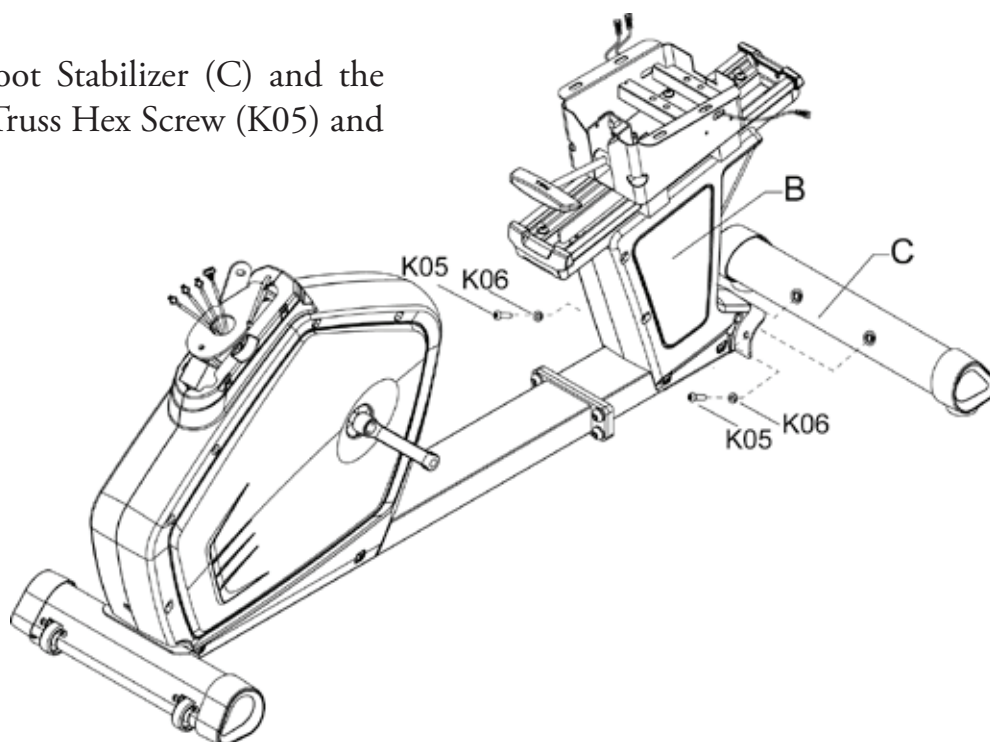
STEP 2

Connect the guide wires from the Front Frame (A) to the Rear Frame (B), then screw the Front Frame (A) and to the Rear Frame (B) with Truss Hex Screw (K03) and Spring Washer (K04), then tighten firmly.



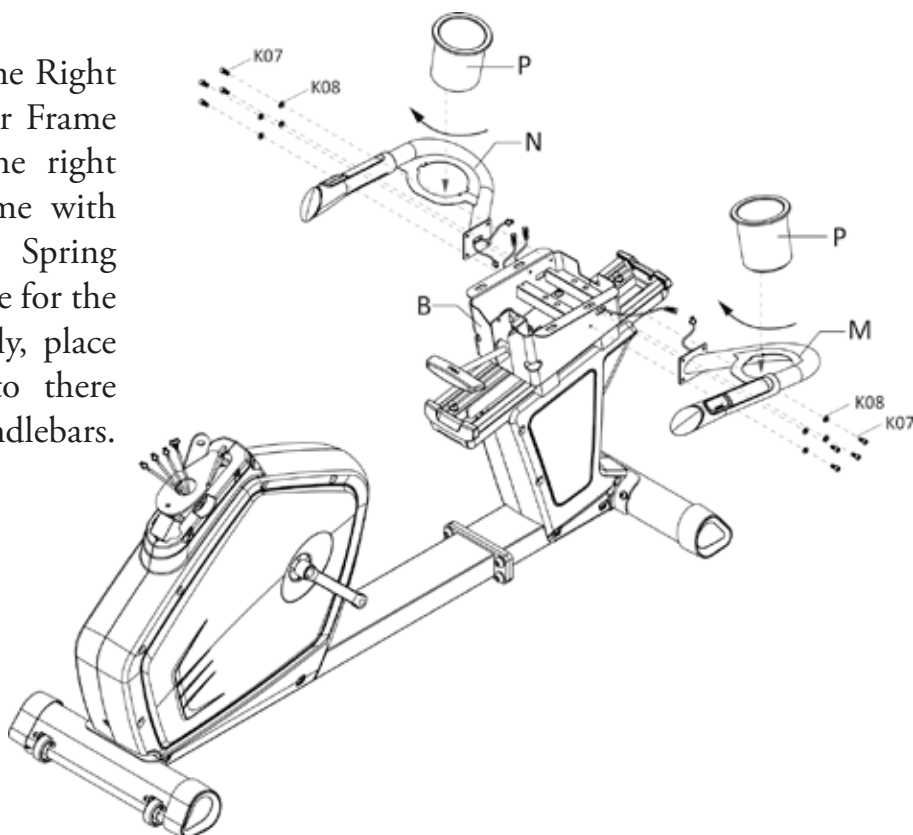
STEP 3

Assemble the Rear Foot Stabilizer (C) and the Rear Frame (B) with Truss Hex Screw (K05) and Spring Washer (K06).



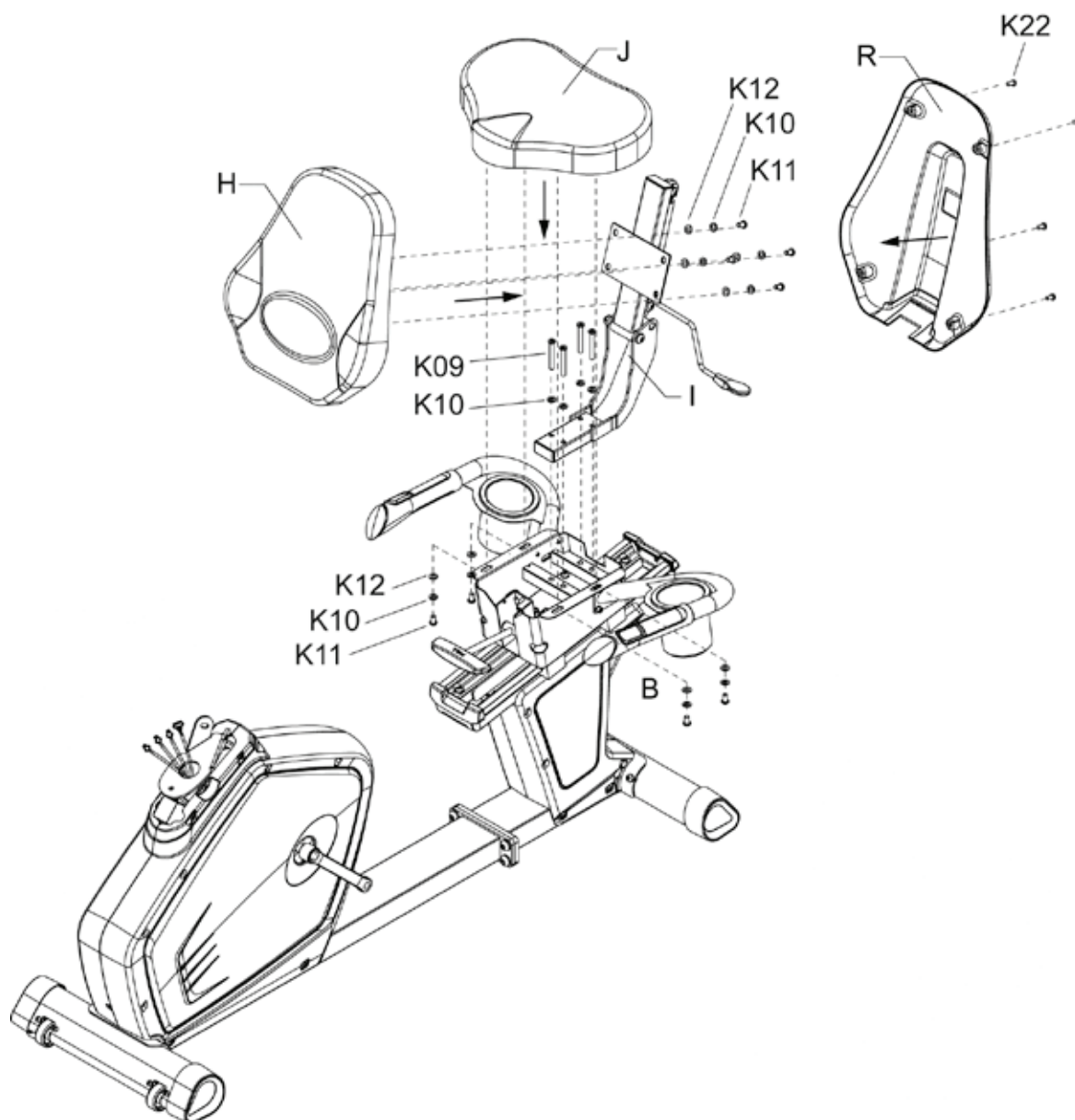
STEP 4

Connect the wiring from the Right Handlebar (N), to the Rear Frame (B), and then attached the right handlebar to the rear frame with Hex Screws (K07) and Spring Washers (K08). Do the same for the Left Handlebar (M). Finally, place the Cup Holders (P) into their respective casings on the handlebars.



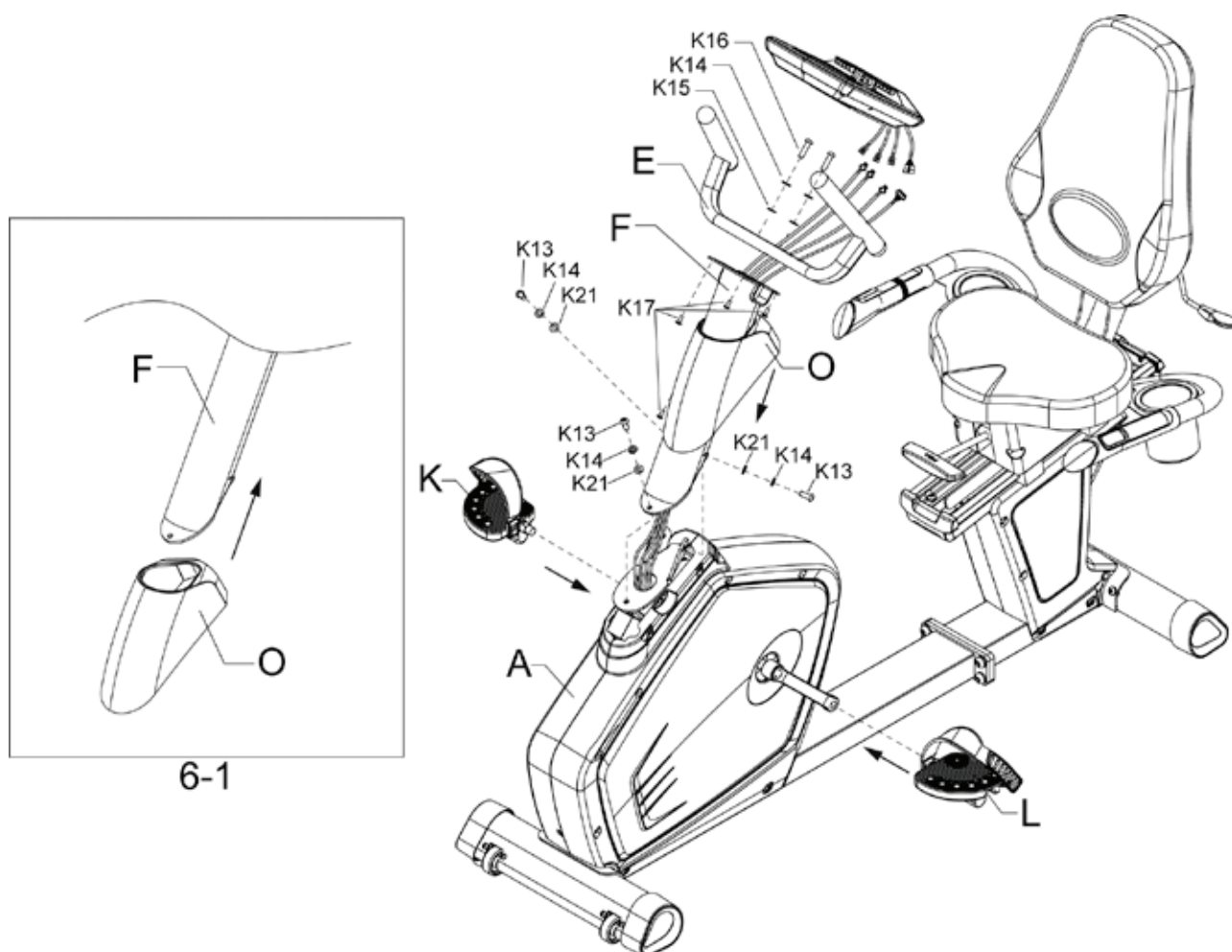
STEP 5

Attached the Back-pad Tube (I) onto the Rear Frame (B) with Flat End Hex Screws (K09) and Spring Washers (K10). Then attach the Seat-pad (J) and Back-pad (H) onto the Back-pad Tube (I) and Rear Frame (B) with Truss Hex Screws (K11), Spring Washers (K10) and Flat Washers (K12). Finally, attach the Back-pad Decorative Cover (R) and tighten with Screws (K22).



STEP 6

Attach the Control Tube Decorative Cover (O) onto Control Tube (F). Then thread the lower control wires from the Front Frame (A) through the Control Tube (F). Then attach the Control Tube (F) and Front Frame (A) with the Truss Hex Screws (K13), Spring Washers (K14) and Flat Washers (K21), then tighten firmly. Attach the Handrail Tube (E) to the Control Tube (F) with Truss Hex Screws (K16), Spring Washers (K14) and Flat Washers (K15). Connect all wires from the Console (G) with the wires you threaded through the control tube. Then attach the Console (G) to the Control Tube (F) with Truss Phillips Screw (K17). Then assemble the left & right foot pedals (L, K). Each foot pedal is labeled with the "L" and "R" for left and right, please make sure you are attaching the correct pedal onto the correct side.



CONSOLE OPERATIONS



SPECIFICATIONS:

ENTER	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds
QUICK START	Starts the machine without any preset program or data from user

FUNCTION:

TIME	Displaying the workout time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

POWER MODE

When the machine powers on, the display will light up with all numerals. After two seconds, it will enter the "user selecting" mode. If the user does not operate the machine, or the machine receives no signal after 4 minutes, the computer will enter an idol mode.



GETTING STARTED - OPERATING PROCEDURE:

Start pedaling and the console will turn on. Use the UP/DOWN buttons to set up your user data by selecting any user U0-U4. Press the ENTER button to accept user selection. Press UP/DOWN buttons to toggle between genders. Press ENTER to accept. Use the UP/DOWN to set AGE then press ENTER. Use the UP/DOWN buttons to enter height in inches then presss ENTER to accept. Use the UP/DOWN buttons to input weight then press ENTER to select. See below for step by step instructions.

1. Press ENTER to confirm the USER, then enter the sex setting. The right side will displays SEX, use the UP/DOWN buttons to choose male or female.



2. Press ENTER to confirm the gender selection, then enter the AGE setting. The right side will display AGE, use the UP/DOWN buttons to select age setting.



3. Press ENTER to confirm the AGE setting, then enter the HEIGHT setting. The right side will display HEIGHT, use the UP/DOWN buttons to select the HEIGHT setting.



4. Press ENTER to confirm the WEIGHT setting, then enter WEIGHT setting. The right side will display WEIGHT, use the UP/DOWN buttons to select the WEIGHT value.



5. Press ENTER to confirm the HEIGHT setting, then enter the exercise program selecting page. Use the UP/DOWN buttons to select between the exercise programs below.

MANUAL	PROGRAM	FITNESS
WATT	PERSONAL	HRC
RANDOM		

NAVIGATING THE PROGRAMS

MANUAL MODE

User may preset their own resistance level from 1 to 24 by pressing the UP/DOWN buttons. The default resistance level is 1. Press ENTER to confirm. Using the UP/DOWN buttons enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

PROGRAM MODE

There are 12 preset programs. Use the UP/DOWN buttons to select the desired program profile, then press the ENTER button to confirm. Use the UP/DOWN buttons to adjust the resistance level. Press ENTER to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout.

FITNESS TEST

Use the UP/DOWN buttons to select FITNESS and press ENTER. Press START/STOP to start the test. The user has to achieve the greatest distance possible in 8 minutes. When the time is up, the electronic device will work out the difference and your fitness rating will be displayed up on the screen.

PERSONAL MODE

Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all 16 segments have been entered, press the ENTER button to confirm. Press START/STOP to begin your workout.

WATT CONTROL MODE

Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout. User may set the Watt value by pressing the UP/DOWN buttons to change in 10 Watt increments.

HRC MODE

Input personal data: SEX, AGE, HEIGHT and WEIGHT.

User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press ENTER to confirm. Then, enter values for TIME, DISTANCE, CALORIES, and then press START/STOP to begin your workout.

PRESET PROGRAMS

P1	P2	P3
P4	P5	P6
P7	P8	P9
P10	P11	P12

HRC PROGRAMS (55%, 75%, 90%, TAG)

HRC 55%	HRC 75%	HRC 90%	HRC Target Heart Rate

TEST FUNCTIONS

RECOVERY TEST

Press RECOVERY key to test HRC recovery speed. When in test mode, it will detect the HRC within 10 seconds. When finished, if there is no HRC displayed, the program will exit out of the HRC recovery mode. If there is HRC displayed, the workout will enter into 60

seconds HRC recovery. Test result is shown below:

VALUE	CONDITION
F1	Best
F2	Very good
F3	Good
F4	Normal
F5	Bad
F6	Worse



FITNESS TEST

Enter FITNESS program and start the test. Test time is 8 minutes. Test result is below:

VALUE	CONDITION
F1	Very Good
F2	Good
F3	Fair
F4	Poor
F5	Very Poor

FUNCTION STATISTICS AND RANGES

ITEM	SCREEN SHOWN	RANGE	SETTING RANGE	PRESET VALUE	SAVE
1	SEX		MALE/ FEM		yes
2	AGE		10 - 100		yes
3	WEIGHT(METRIC)		20 - 330(Lb) 10 - 150 (KG)		yes

4	HEIGHT		36 - 84(INCH) 90 - 210(CM)		yes
5	TIME	0:00 - 99:59	0:00 - 99:00	0:00	no
6	DISTANCE	0.0 - 99.99	0.0 - 99.50	0.0	no
7	CALORIES	0 - 999	0 - 990	0	no
8	SPEED	0.0 - 99.9		0.0	no
9	PULSE	30 - 200 bpm		0	no
10	WATT	0 - 999		0	no
11	RPM	0 - 250 rpm		0	no
12	BRAKE RESISTANCE LEVEL		L1 - L24	L1	no

“WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

DOWNLOADING APPS AND PAIRING YOUR DEVICE WITH YOUR EQUIPMENT

DOWNLOADING THE SOFTWARE

Connect the Apple device with the App Store (iTunes) or your Android Device with Google Play, search for "Pafers", then read the APP introductions and Download the APPs with bicycle/elliptical machine functions to your device, for example Pedal Monitor or other applicable apps. *Note: if you download an APP for a treadmill and pair it with an Elliptical it will not work.*

- The App uses bluetooth mode, so please make sure the recumbent and device you are using has bluetooth function.
- The App contains the following functions, the user must open the 3G network or wi-fi network:

(a) Managing Data - After completing the registration in the "Pafers" App, log on to your personal account. Now that you have registered you can record all of your workout data and save it to your device.

(b) Some APPs need connection to Google maps in order to function correctly.

PAIRING THE BLUETOOTH DEVICE WITH AN APPLE DEVICE

1. Place the Apple Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Apple Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Apple Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press the HOME button on the Apple Device twice to close the APP.

PAIRING THE BLUETOOTH DEVICE WITH AN ANDROID DEVICE

1. Place the Android Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Android Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Android Device within a range of 2 meters for best quality connection. If you see “not connected,” please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press main screen button on the Android Device twice to close the APP.

COMPATIBLE DEVICES

Android

Bluetooth & App Enabled Android Device

Apple Products

iPod touch (4th generation)	iPod touch (3rd generation)
iPhone 5	iPhone 4S
iPhone 4	Mini iPad
iPad	iPad 2

i.Concept Bluetooth products are compatible with Apple devices with iOS 5.1 or later. It is recommended to update iOS to latest version to obtain the best user experience.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch, is a registered trademark of Apple, Inc., in the United States and other countries.

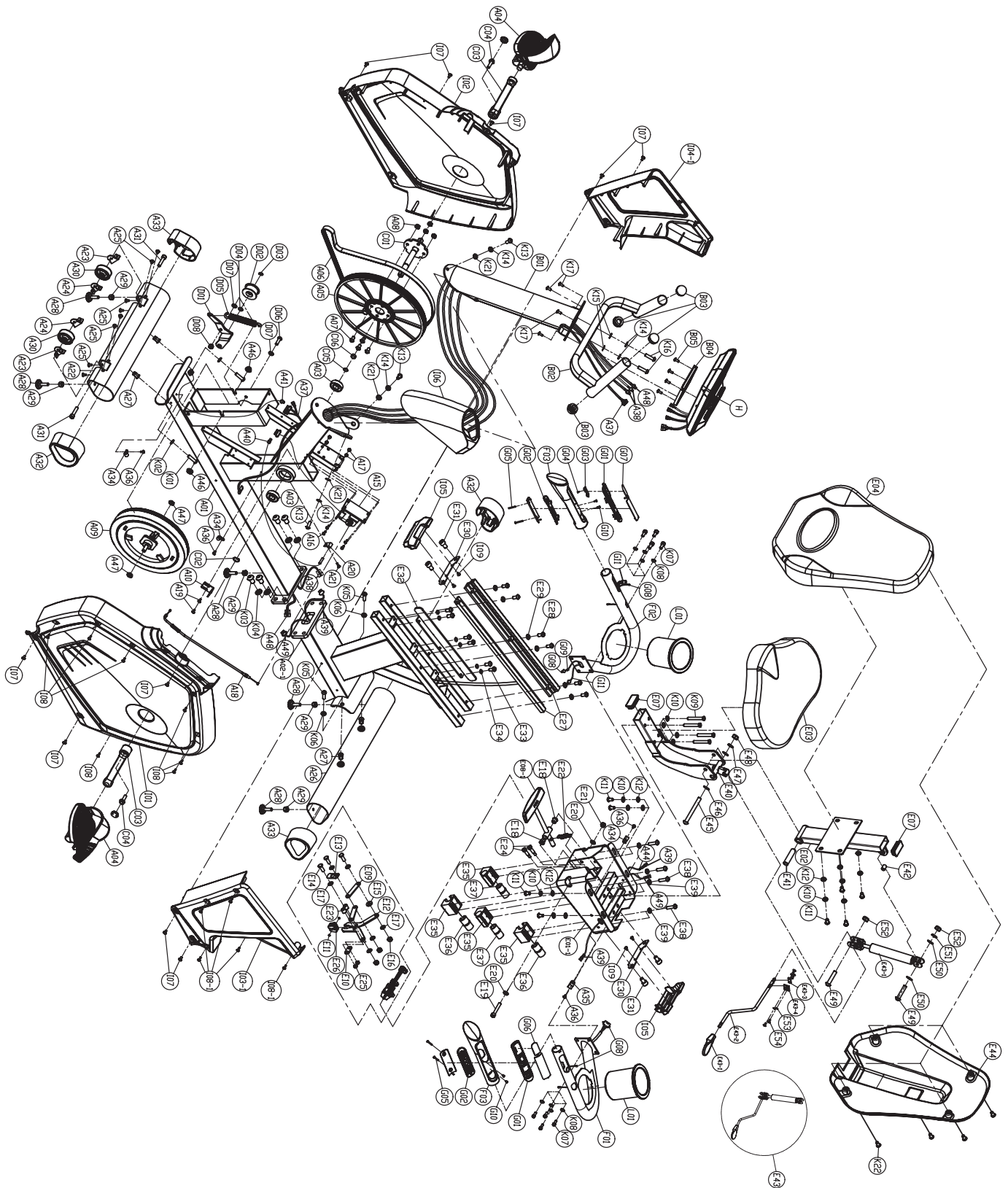
“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been

certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
(A)	Frame and fittings	1	D08	Nut m8xp1.25	1	(G)	Handgrip pulse set	1
A01	Front frame assembly	1	(E)	Seat set	1	G01	Handgrip pulse cover (long) with no-3601	2
A02	Rear frame assembly	1	E01-1	Seat assembly a	1	G02	Handgrip pulse cover	2
A03	Bearing 6203zz	2	E02	Seat assembly B	1	G03	Handgrip key board	1
A04	Left & right foot pedal set	1	E03	Seat pad	1	G04	Self-tapping screw $\phi 2 \times 5$	1
A05	Belt wheel (big) $\phi 310$	1	E04	Back pad	1	G05	Screw m3xp0.5X25	4
A06	Belt 51"x6 grooves	1	E07	End cap	2	G06	Handgrip sticker (I)	1
A07	Hex screw m8xp1.25X15	4	E08-1	Adjustment handlebar	1	G07	Film key-right 2 keys	1
A08	Nut m8xp1.25	4	E09	Brake iron plate	2	G08	Lower hand grip pulse wire	2
A09	Flywheel $\phi 260$	1	E10	Fixing screw fixing plate	1	G09	Right sticker (right)	1
A10	Steel rope fixing plate	1	E11	Magnet $\phi 4.7 \times 2.8$	2	G10	Self-tapping screw #8x5/8"	4
A15	Small motor	1	E12	Brake iron plate B	2	G11	Hand grip quick connecting wire lower	1
A16	Screw m5xp0.8X40	4	E13	Brake iron plate C	1	(H)	Hed7-t1004 computer	1
A17	Nut m5xp0.8	4	E14	Fixing screw m8xp1.0X25	3		Computer (5"lcd display with board)	1
A18	Steel rope	1	E15	Washer $\phi 8 \times 19 \times 3.0 \text{ T}$	1		Wireless pulse receiver	1
A19	Screw m5xp0.8X10	2	E16	Nut m8xp1.25	3		Wireless pulse receiver	1
A20	Sensor fixing base	1	E17	Flat washer	6		Bluetooth module	1
A21	Screw m4xp0.7X10	1	E18	Sleeve cover	2	(I)	Plastic fittings	1
A22	Front stabilizer $\phi 75 \times 99 \times 2.0 \text{ T} \times 440$	1	E19	CKS hex screw m8xp1.25X65	1	I01	Left front cover	1
A23	Movable wheel fixing plate C	2	E20	Washer $\phi 8 \times 16 \times 1.5 \text{ T}$	2	I02	Right front cover	1
A24	Movable wheel fixing plate D	2	E21	Nut m8xp1.25	1	I03-1	Left rear cover	1
A25	Screw m5xp0.8X10	8	E22	Drawing spring	1	I04-1	Right rear cover	1
A26	Rear stabilizer $\phi 75 \times 99 \times 2.0 \text{ T} \times 520$	1	E23	Brake plate bushing	2	I05	Slide	2
A27	Hex nut m8xp1.25 (Nhs-8125)	4	E24	Fixing screw m6xp1.0X36.8L	2	I06	Control tube decorative cover	1
A28	Adjustment foot pad 3/8"x29mm (16 teeth)	5	E25	Nut m6xp1.0	2	I07	Screw m5xp0.8X10	10
A29	Screw nut 3/8"-16 teeth	5	E26	Brake palte fa119 (with no-1821a)	2	I08-1	Self-tapping screw $\phi 4 \times 15$	12
A30	Wheel #032	2	E27	Slide	2	I09	Self-tapping screw $\phi 4 \times 10$	4
A31	CKS hex screw m8xp1.25X40	2	E28	Hex screw m8xp1.25X20	6	(K)	Hbc1-y1006 screw bag	1
A32	Left stabilizer end cap	2	E29	Spring washer m8	6	K01	Hex screw m8x30	2
A33	Right stabilizer end cap	2	E30	Seat baffle	2	K02	Spring washer m8	2
A34	Wire clip fixing knob uc-1	4	E31	CKS hex screw m10xp1.5X15	4	K03	Hex screw m12x20	4
A35	Wire clip fixing knob uc-1.5	2	E32	Brake iron plate assembly	1	K04	Spring washer m12	4
A36	Cross screw m4xp0.7X10	6	E33	Hex screw m6xp1.0X12	6	K05	Truss hex screw m8x30	2
A37	Lower control wire	1	E34	Washer $\phi 6 \times 12 \times 1.5 \text{ T}$	6	K06	Spring washer m8	2
A38	Hand grip pulse wire middle A	1	E35	Slipping block	4	K07	CKS hex screw m6x12	8
A39	Hand grip pulse wire middle B	1	E36	Inner sleeve cover L	2	K08	Spring washer m6	8
A40	Speed sensor wire	1	E37	Inner sleeve cover R	2	K09	Flat head hex screw m8x60	4
A41	Power supplying wire	1	E38	Hex screw m8xp1.25X30	8	K10	Spring washer m8	12
A44	Right sticker (right)	2	E39	Spring washer m8	8	K11	Hex screw m8x15	8
A46	Screw nut 3/8"-26 teeth	2	E40	Base assembly C	1	K12	Washer $\phi 8 \times 16 \times 1.5 \text{ T}$	8
A47	Hex screw nut 3/8"-26 teeth x4t	2	E41	Seat tube bushing	1	K13	Hex screw m8x20	3
A48	Hand grip quick connecting wire	1	E42	Screw bushing E	1	K14	Spring washer m8	5
A49	Hand grip quick connecting wire A	1	E43	Cylinder assembly	1	K15	Washer $\phi 8 \times 16 \times 1.5 \text{ T}$	2
(B)	Hbc1-b1001 control tube set	1	E43-1	Cylinder 350n	1	K16	Hex screw m8x30	2
B01	Control tube assembly	1	E43-2	Handle	1	K17	Screw m5x12	2
B02	Computer handrail tube assembly	1	E43-3	Handle fixing plate	1	K18	L shaped hex wrench 8mmx55mmx110mm	1
B03	End cap $\phi 1-1/4 \times 1.5 \text{ T}$	4	E43-4	Handle fixing plate A	1	K19	L shaped hex wrench + cross screwdriver	1
(C)	Crank set	1	E44	Seatback cover	1	K20	Opened wrench 13mm+15mm	1
C01	Crank assembly	1	E45	Hex screw m10xp1.5X90	1	K21	Washer $\phi 8 \times 19 \times 3 \text{ t}$	3
C02	C shaped ring $\phi 17$	1	E46	Washer $\psi 10 \times \psi 20 \times 1.5 \text{ T}$	2	K22	Truss cross screw m6x15	4
C03	Left and right crank	2	E47	Spring washer m10	1	(L)	Attachments	1
C04	Hexagon washer screw m8xp1.25X25	2	E48	Nut m10xp1.5	1	L01	Waterbottle holder	2
C05	Wave washer $\phi 17 \times \phi 24 \times 0.3 \text{ T}$	1	E49	Hex screw m8xp1.25X35	2	L02	Belt 4.8X330mm black	5
C06	Crank shaft interval tube	1	E50	Washer $\phi 8 \times \phi 16 \times 1.5 \text{ T}$	2	L03	Power supplier	1
(D)	Idle wheel set	1	E51	Spring washer m8	1		ϕ =Diameter	
D01	Idle wheel assembly	1	E52	Nylon nut m8xp1.25	2			
D02	Idle wheel $\phi 48 \times \phi 10 \times 23.5 \text{ T}$	1	E53	Round head cross screw m4xp0.7X8	4			
D03	C shaped ring $\phi 10$	1	E54	Spring washer m4	4			
D04	Wave washer $\phi 10.5 \times \phi 14.5 \times 0.3 \text{ T}$	1	(F)	Hbc1-q1004 handrail tube set	1			
D05	Spring A	1	F01	Handrail tube assembly L	1			
D06	Hex screw m8xp1.25X25	1	F02	Handrail tube assembly R	1			
D07	Washer $\phi 8 \times \phi 16 \times 1.5 \text{ T}$	2	F03	Handlebar A	2			

WARRANTY

LIMITED LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Seven (7) year replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and ten (10) years on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

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